



PLANT FACT SHEET

Pinanga heterophylla Becc.

GENUS *Pinanga* FAMILY Arecaceae

COMMON NAMES Gasigan

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

The bud is cooked and eaten as a vegetable.

DESCRIPTION

A slender and very small palm. The leaves are few and on each side of the stalk there are an unequal number of unevenly spread leaves. There are 7 or 8, and they have 1 to 4-ribbed segments which are smooth underneath. The flower arrangement is a spike of flowers closely arranged along a central axis with a few 3 angled branches. The fruit are small 11 to 12 mm by 5 to 5.5 mm. They are equally narrowed at both ends. The seeds are oval with a point.

HABITAT

A tropical plant. They are found in primary forests of Negros and Sorsogon in the Philippines at altitudes of 100 to 700 m. In Cairns Botanical Gardens.

REFERENCES

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Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 519

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fdada35f-55c6-4ebf-8e14-3dab0fd3bc6a>